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| Disability Dialogue foundations for a good life event summary | |
| A group of people standing together  AI-generated content may be incorrect. | The Disability Dialogue held an event about supports outside the NDIS on Wednesday 30th July. |
|  | You can watch a recording of the event here:  <https://youtu.be/kmlJ2MQSgyw> |

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| The event order | |
|  | The event started by explaining what **General Foundational Supports** means. |
| A person and person sitting at a table writing on a piece of paper  AI-generated content may be incorrect. | General foundational supports are supports that are outside the NDIS. |
| Image of Sara Todd, who is a young white woman with shoulder-length brown hair.  Todd is a white man with a beard and salt-and pepper short hair. | Sara and Todd were the hosts of the event. |
|  | Sara and Todd started the event by talking about three different types of supports.   * Mainstream services * Supports from the NDIS * Foundational supports |
|  | Each of these supports are different but they all help people to live a better life. |
| Catherine McAlpine is a white woman with medium-length blonde hair.  Sonia is a white woman with short grey hair. | Catherine McAlpine from Inclusion Australia talked with Sonia Hume.  Sonia is a self-advocate and member of Speak Out which is a group that supports people with intellectual disability to know their rights. |
| A person in a vest  AI-generated content may be incorrect. | Sonia talked about how she learned to speak up for herself and know her rights.  It takes a long time to build confidence and gain skills. | |
| A person with her hand on her chin  AI-generated content may be incorrect. | Todd talked to Katrina from VALID which is a group for adults with intellectual disability.  They talked about why good information and talking to people you trust is important before making big decisions. | |
|  | Todd and Sara also talked about the importance of **peer support** to find people to trust and talk to.  Peer support is when people help each other by sharing information or learning from each other. | |
|  | Everyone agreed that we need more money for foundational supports like   * Clear and useful information * Advocacy * **Capacity building** which means learning new skills and building confidence * Peer support * Making decisions | |
|  | At the end of the event our speakers answered some questions from the audience. | |